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**ABSTRACT OF THE DISCLOSURE**

An article of footwear, particularly for climbing. The article of footwear has a substantially non-extensible upper, a sole, an elastic element surrounding the heel, and the upper is at least partially extensible in the area of its heel portion. Advantageously, the extensible portion of the upper has a height of at least about 20% of the upper along at least one substantially vertical line, and a length of at least 10 millimeters along at least one line of longitudinal direction.